

lion. W. H. Keibaugh. A Cold at Any Time of the Year. Es-pecially in Hot Weather, is Very De-pressing to the System. Peru-na is an Unequaled Tonic For Such Cases. Read What Prope Say About It.

Hon, W. H. Kelbaugh, Ex-Member W. Va. Legislature, 204 9th street, N. E., Washington, D. C., writes:

"You can use my name and word at all times for Peruna as a medicine and tonic unequaled. I have tried it for a stubbora cold and badly run down system. I tried all sorts of other medicines and paid several expensive doctor bills. Peruna cured me, strengthened me more than ever, and saved me

....... Mrs. Clara Litterst, Seafield, Ind., says: "Last fall I took a severe cold. I took Peruna, began to improve and kept on so until I was able to do my work."

BIBLICAL BASEBALL

A Canton (O.) theological student interested in baseball wrote a thesis on "Baseball Among the Ancients," from which are gleaned the following facts: Abraham made a sacrifice.

The Prodigal Son made a home run. Cain made a base hit when he killed David was a great long-distance

thrower. Moses shut out the Egyptians at the Red sea.

Moses made his first run when he slew the Egyptian. The devil was the first coacher. Eve stole first-Adam stole second.

When Isaac met Rebecca at the well she was walking with a pitcher. Samson struck out a great many times when he beat the Philistines.

PHILOSOPHICAL POINTS.

The fatted calf never loves the prodigal son.

Alas, that fools are prosperous. Is it their penalty or reward? How many of us in listening to the

tomtoms forget the violins? To think an original thought is to take a step nearer the divine.

People who need to be continually propped up are not worth the prop. When men become suddenly good they should be executed immediately. It is easier for some people to be-

lieve the impossible than the pos-Before it was thrown down, the Golden Calf had a son, and it is still

mooing around the world. It is self-evident that to successfully fathom the motives of men one must be a man himself. To an idiot -to a lunatic-all men are either idiots or lunatics.

PHYSICIAN SAYS

Children Thrive on Grape Nuts and Cream.

A Mass, physician has found a cure for constipation in children - citing fifteen cases-by feeding them Grape-Nuts.

"Some time ago," he writes, "I became interested in your food, Grape-Nuts, as a cure for constipation in children. Having tried it in my own family, I have advised it in fifteen cases in which all suffered with constipation more or less severe. The result has been absolute relief in all. "I write this that other children

may be benefited." How much better it is thus to bring about a healthy action in the bowels of growing children by natural means. than to feed them with improper food. requiring some kind of cathartic at

intervals to overcome constipation. Grape-Nuts gives energy to the entire nervous system including the nerves that cause the natural contraction and relaxation of the bowel muscles, that propel the food mass

It is predigested also, and the blood easily absorbs the food as it goes through the body, storing up vitality and force for the functions of all the

organs. Children especially, should get the right start as to habits of living. They should grow into bright, strong, cheerful men and women. Grape-Nuts solve the question of the start; a

wholesome appetite will do the rest, Children's teeth are benefited by chewing Grape-Nuts, also. Your dentist will tell you that a certain amount of exercise in chewing firm food, is necessary to grow ctrong, beautiful

Teeth need exercise just the same as muscles, if they are to grow strong and firm as nature intended. Grape-Nuts gives the exercise and also gives material from which good teeth are made.

"There's a reason." Read the little book, "The Road to Wellville," in

FAR INTO THE FROZEN NORTH

History of the Polar Explorations of the Past,

Lieut, R. E. Peary is now in the sorth in an eighth attempt to reach the pole, if, as seems probable, he has not already perished in the arctic regions as have so many others before tim. Walter Wellman, newspaper correspondent and explorer of world-wide eputation, is at Spitzhergen, from which point he will make his third attempt to reach the pole, this time by means of an airship. Solomon August Andre sacrificed his life and the lives of two companions in an effort to reach the cap of the earth in a bal-

Practically the whole of arctic exploration history has been made with-In less than the last 100 years, though the first arctic voyage was made as early as 1500 by a Portuguese navigator in an effort to discover the northwest passage to India. While many later voyages were made for the same purpose the first expedition made with the idea of reaching the pole was not made until early in the last century. Since that time many lives have been sacrificed in an effort to conquer the elements of the frozen north and wring from them the secrets supposed to lie at the top of the world. One of the largest expeditions or-

ganized for arctic exploration, and one of the most disastrous, was that of Sir John Franklin, which sailed from England in 1845, and entered the arctic regions by the Baffin bay route in July of that year. No member of this party ever returned. Both England and the United States made herole efforts to send succor to these intrepid explorers. Urged by the tears of Lady Franklin expedition after expedition went into the frozen north in an effort to relieve, or if too late for that to learn the fate of Franklin and his companions, but it was not until 1858 that any definite trace of the party was found. Franklin's wife had resolutely refused to give up hope and had fitted out several expeditions at her own expense to search for her missing husband. One of these under



WALTER WELLMAN Commander of the Airship Expedition to the North Pole.

Capt. McClintock discovered in King William's Land the remains and records of the lost explorers. All of the 105 members of the party had perished of cold and hunger.

Another ill-fated polar expedition was that fitted out by the New York Herald, and commanded by Commander De Long, of the United navy. The steamer Jeannette sailed through Behring straits and became ice-bound. For two years the helpless vessel drifted with the ice, the great pack finally crushing her staunch hull and forcing the members of the expedition to take to three small boats. One of the boats reached a settlement | ally. and obtained relief, another was lost in a storm and of the third all but two of its occupants perished of cold and starvation. Probably no other name is so in-

timately associated with arctic exploration as that of Robert E. Peary, U. S. N., who it is was thought probable has sacrificed his life to the cause of unraveling the mysteries of the north. Since 1886 arctic exploration has been practically a hobby with him, and during the past 20 years he has made eight voyages to the polar regions for purposes of scientific study and exploration, giving to the world more valuable information than has been secured from any other one It was Lieut. Peary who proved that Greenland is an island; he discovered Independence bay on the Greenland coast, five degrees farther coveries; he crossed the Greenland ice knowledge of the Whale Sound Eski-When setting out on his last mos. voyage to the north he was confident of his ability to reach the pole, and scientific people rather expected to see him accomplish that difficult task.

Walter Wellman, who heads the novel airship expedition, is not a novice at arctic exploration, as this is his third trip into the frozen north-The first of these was in 1894 when he tried to reach the pole over the Spazbergen route by the use of aluminum boats. In May, 1898, he started on a second voyage, but on this expedition he met with a painful accident at a time when success seemed sure, and had to return.

Wenith's Drawback.

"Senator, how does it seem, now that you have attained wealth and influence?

"Well," replied Senator Badger, with a far-away look in his eyes, "it's relieved me of a lot of worry, but it's getting mighty thresome tryto make a fork take the place of a knife."

Italian Railway Service.

The defects in the Italian railway service, instead of decreasing since the railways have been taken over by the state, are becoming more and more intolerable, says the Milan Times. Passenger trains are hours behind their schedule time, and the goods service simply baffles criticism. As an instance, one may state that it is now not an unusual occurrence for truckloads to take a month or more to get from Genoa to their Milan destination. At times the grain service to Switzerland has been practically suspended

Mouth and Eyes Covered with Cruste -Hands Pinned Down-Miraculous Cure by Cuticura.

"When my little boy was six months old, he had eczema. The sores extended so quickly over the whole body that we at once called in the doctor. We then went to another doctor, but he could not help him, and in our despair we went to a third one. Matters became so bad that he had regular holes in his cheeks, large enough to put a finger into. The food had to be given with a spoon, for his mouth was covered with crusts as thick as a finger, and whonever he opened the mouth they began to bleed and sup-.te, as did also his eyes. Hands, arms, chest and back, la short the whole body was coverel over and over. We had no rest by day or night. W renever he was laid in his bed, we had to pin his hands down; otherwise he would scratch his fare and make an open sore. I think his face must have itched most fearfully.

BOY'S TERRIBLE ECZEMA.

We finally thought nothing could help, and I had made up my mind to send my wife with the child to Europe, hoping that the sea air might care him, otherwise he was to be put under good medical care there. But, Lord be blessed, matters came differeatly, and we soon saw a miracle. A friend of ours spoke about Cuticura. We made a trial with Cuticura Soap, Ointment and Resolvent, and within ten days or two weeks we noticed a decided improvement. Just as quickly as the sickness had appeared it also began to disappear, and within ten weeks the child was absolutely well, and his skin was smooth and white as never before. F. Hohrath, President of the C. L. Hohrath Company, Manufacturers of Silk Ribbons, 4 to 20 Rink Alley, South Bethlehem, Pa., June 5, 1905.

The real test of virtue comes after

PUTNAM FADELESS DYES do not stain the hands or spot the kettle, except green and purple.

Money talks, especially when you give it to charity.

Mrs. Winslow's Soothing Syrup.

Midren teething, softens the gums, reduces inmation, allays pain, cures wind colls. Esca bottle.

First Scenery Used in Theaters.

Scenery was first introduced into theaters by the famous Inigo Jones, in January of 1605. In a Pinch, Use ALLEN'S FOOT-EASE.

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all druggists, 25c. Trial package, Address A. S. Olmsted, Le

China to Own Postoffices. After the return of the Chinese mission which is now making a tour of Europe and America for the purposes of study, the Chinese government intends to assume control of the entire postal system and at the same time to abolish all the postoffices in China now maintained by foreign powers.

ITS MERIT IS PROVED RECORD OF A GREAT MEDICINE

A Prominent Cincinnatt Woman Tells Compound Completely Cured Her.

The great good Lydia E. Pinkham's Vegetable Compound is doing among he women of America is attracting the attention of many of our leading scientists, and thinking people gener-



The following letter is only one of many thousands which are on file in the Pinkham office, and go to prove beyond question that Lydia E. Pink-Greenland coast, five degrees farther north than any previous authentic discould not produce such marvelous cap and he gave to the world its first results among sick and ailing women. Dear Mrs. Pinkham:-

Dear Mrs. Pinkham:—

"About nine months ago I was a great sufferer with female trouble, which caused me severe pain, extreme nervousness and frequent headaches, from which the doctor failed to relieve me. I tried Lydia E. Pinkham's Vegetable Compound, and within a short time felt better, and after taking five bottles of it I was entirely cured. I therefore heartily recommend your Compound as a splendid female tonic. It makes the monthly periods regular and without pain; and what a blessing it is to find such a remedy after so many doctors fail to help you. I am pleased to recommend it to all suffering women."—Mrs. Sara Wilson, 31 East 3d Street, Cincinnati, Ohio.

If you have suppressed or painful periods, weakness of the stomach, indigestion, bloating, pelvic catarrh, nervous prostration, dizziness, faintness, "don't-care" and "want-to-beleft-alone" feeling, excitability, backache or the blues, these are sure indications of female weakness, or derangement of the organs. In such cases there is one tried and true remedy -Lydia E. Pinkham's Vegetable Com

Are You Just As Well You Wish to Be

Every subscriber to Good Health is privileged

to submit questions on health topics to the editors. The most interesting of these questions are assumed in the question for, a monthly department of the magazine. Others are answered by letter

GOOD HEALTH PUBLISHING CO., BATTLE CREEK, MICH.

NEWS SUMMARY

and have caused considerable alarm.

Russell Sage, declares that he will contest the will of the deceased million

has been burned at sea. Her erew was rescued by the British steamer Universal.

sald to number sixty men. It is announced that Emperor William after a cruise in the Mediterra-

The monthly statement of the director of the mint shows that during July the coinage executed at the mints of the United States amounted to \$6,303,-

killed, one fatally injured and several wounded. Two workmen were killed and over twenty others were injured by the ex-

the fight which followed one man was

Mark Collins, aged 22, was drowned

The United States government has paid Germany the award of \$20,000 in the Samoan case. Great Britain paid her damages in the spring, and the matter is therefore settled.

An investigation of alleged irregularities in the Philippine islands is now being conducted by order of Maj.-Gen. Wood, the inquiry being in charge of Colonel Wood, inspector general.

Dr. Bothman Jackson was shot and killed at Atlamont, Mo., by J. M. Woodworth, a hotel keeper, in a dispute over the management of the hotel, which was owned by Jackson.

Harry Mitchell, aged 70, an old soldier and one of Buffalo Bill'e scouts when fighting for the government, was found dead in bed at his home, near Berrien Center, Mich., of old age.

or sail cars the governor-general of Warsaw has ordered that all such cars shall hereafter be guarded by twelve soldiers. Strangers are not allowed to

Dem Lobel, is authorized to begin work on the Trans-P perian-Alaskan railroad project. A meeting in the tabernacle at Zion City, Illa., unanimously no

Wilbur Glen Voliva for general over seer of the church for election in September in occordance with the recent order of Judge Landis.

gineer E. E. Holmes and an unknown boy were killed and Fireman E. W. Quinlan seriously injured. The latter will lose his eyesight. Mrs. Ferdinand Reese, the oldest

United States, died at La Porte, Ind., on the 30th. According to documents in her possession she was born in Volgravitz, Poland, in 1794. As the climax to a series of verbal ecounters, in which Mrs. Kate Ross, a

men engaged in a free fight in the county jall in Chicago. Prof. A. H. Thompson of the United States geological survey, died in Washington on the 1st, aged 67. He was as-

sociated with Major Howell, his brother-in-law, in the exploration of the Grand Canyon of the Colorado. James B. Poslywait, employed in the clerical department of the Michigan Central company in Detroit, Mich., died on the 2nd, after having fasted forty-

nine days for the benefit of his health. Exhaustion is given as the cause of his death. M. Burago, the leading official of the Sochitchew district, and a policeman who was escorting him, were shot dead by revolutionists near Warsaw, in re-

the repression of the agrarian strike two to three tons of fiber per acre. movement. The fighting organization of the revolutionists has issued a proclamation avowing responsibility for the assassination, August 3, of Governor

At Bessemer City, N. C., W. M. Brown, a bridegroom of an hour, was shot and killed by John M. Kincaid as Brown was about to take the train with his bride. It is said Brown was under obligations to marry Kincald's

The Georgia senate passed without a bild under fourteen at night work.

was killed, W. J. Cooke, a judge of election was fatally wounded, and a third man less seriously injured in a fight at a polling place a few minutes after the closing of the polls for the election of county officers at Memphis,

Svereal sporadic cases of cholers have been discovered at Madrid, Spain, James H. Sage, a nephew of the late

The Spanish steamer Cabo Trafalga

Four men were killed at Sand Lick, Ky., in a fight between the Martin and Hall factions. The Martin faction is

nean will land at Alcante, Spain, in September and visit King Alfonso,

164. Striking trammers attacked the mining force at Rockland, Minn., and in

plosion of a boiler at the plant of the Vincennes Paper Mill company at Vin-

Four men were killed and a fifth man is missing as a result of an explosion of gun cotton in the works of the Cooper Chemical company on the outskirts of Newark, N. J.

while bathing in Eel river, near Eureka, Cal., with two companions, one of whom nearly met the same fate in an attempt to rescue Collins.

On account of the frequent robberies

In accordance with an order issued by the Emperor of Russia, the American syndicate, represented by Baron

By the explosion of a locomotive on the Santa Fe at Mansfield, Kansas, En-

woman in Indiana, and perhaps in the

lawyer, and Miss Minnie Jacobs, a probation officer, have taken part, the wo-

venge for the part they had taken in

Block of this city. Many arrests have been made. The governor's body was torn into fragments by a bomb.

sister, but married a Miss Perry.

dissenting vote the house child labor bill, prohibiting the employment in any manufacturing establishment in the state of any child under twelve years of age, or the employment of any J. C. Wellington, a saloonkeeper,



WHAT JOY THEY BRING TO FVERY HOME

as with joyous hearts and smiling faces they romp and play-when in health-and how conducive to health the games in which they indulge, the outdoor life they enjoy, the cleanly, regular habits they should be taught to form and the wholesome diet of which they should partake. How tenderly their health should be preserved, not by constant medication, but by careful avoidance of every medicine of an injurious or objectionable nature, and if at any time a remedial agent is required, to assist nature, only those of known excellence should be used; remedies which are pure and wholesome and truly beneficial in effect, like the pleasant laxative remedy, Syrup of Figs, manufactured by the California Fig Syrup Co. Syrup of Figs has come into general favor in many millions of well informed families, whose estimate of its quality and excellence is based upon personal knowledge and use.

Syrup of Figs has also met with the approval of physicians generally, because they know it is wholesome, simple and gentle in its action. We inform all reputable physicians as to the medicinal principles of Syrup of Figs, obtained, by an original method, from certain plants known to them to act most beneficially and presented in an agreeable syrup in which the wholesome Californian blue figs are used to promote the pleasant taste; therefore it is not a secret remedy and hence we are free to refer to all well informed physicians, who do not appreve of patent medicines and never favor indiscriminate self-medication.

Please to remember and teach your children also that the genuine Syrup of Figs always has the full name of the Company-California Fig Syrup Co.-plainly printed on the front of every package and that it is for sale in bottles of one size only. If any dealer offers any other than the regular Fifty cent size, or having printed thereon the name of any other company, do not accept it. If you fail to get the genuine you will not get its beneficial effects. Every family should always have a bottle on hand, as it is equally beneficial for the parents and the children, whenever a laxative remedy is required.

"Marriage is sometimes an accident," says the Cynical Bachelor, "from which it takes a lifetime to recover."

DAZED WITH PAIN. The Sufferings of a Citizen of Olympia, Wash.

L. S. Gorham, of 516 East 4th St., Olympia, Wash., says: "Six years ago I got wet and took cold, and was soon flat in bed, suffering

tortures with my back. Every movement caused an ago nizing pain, and the persistency of it exhausted me, so that for a time I was dazed and stupid. On the advice of a friend I began using Doan's Kidney Pills, and soon no-

clear and natural again and of the Bastile. the passages regular. Gradually the aching and soreness left my back and then the lameness. I used six boxes to make sure of a cure, and the trouble has never returned."

Sold by all dealers, 50 cents a box.

Foster-Milburn Co., Buffalo, N. Y. Shows Value of Liquid Fuel. The steamship Goldmouth, belonging to the Shell line, has just arrived at Rotterdam, after steaming from Singapore by the route round the Cape of Good Hope, a distance of 11.-791 miles, in 52 days, without once stopping the engines or checking the generation of steam in the main boilers. This performance is believed to be the largest nonstop run ever made by marine machinery. The vessel was burning liquid fuel, and with so great an economy that enough surplus is left to take the vessel 20 days steam ing on her return passage east.

New Element in Commerce. Ramie, a species of gigantic nettle which produces, directly beneath its outer bark, a fiber that can be woven alone or in conjunction with either wool or cotton, and gives to the cloth into which it is woven a beautiful silky finish, is being produced in China at the present time to an extent that promises to make it an important element in the world's commerce. Unlike cotton, it is not an annual crop; once planted it will produce for a dozen years. It does not ripen evenly, and as soon as one crop is pulled the plant goes on producing again; occasionally, in tropical countries-and it is only in a very warm climate that it can be grown-one plant will give four crops in a year. A good stand of plants will run from

"NO TROUBLE"

time.

To Change from Coffee to Postum.

"Postum has done a world of good for me," writes an Illa. man. "I've had indigestion nearly all my life but never dreamed coffee was the cause of my trouble until last Spring I got so bad I was in misery all the

"A coffee drinker for 30 years, it irritated my stomach and nerves, yet I was just crazy for it. After drinking it with my meals, I would leave the table, go out and lose my meal and the coffee too. Then I'd be as hungry as ever. "A friend advised me to guit coffee

Since taking his advice I retain my food and get all the good out of it, and don't have those awful hungry spells. "I changed from coffee to Postum without any trouble whatever, felt better from the first day I drank it. I am well now and give the credit to Postum." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in

pkgs. "There's a reason."

and use Postum-said it cured him.





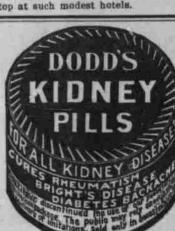
FREE 150 PAGE ILLUSTRATED CATALOGUE REQUEST

THE OLD RELIABLE BROWNING BROS. Co., Ogden, Utah

Foremost of French Veterans. The French government has just pensioned off Francois Geromini, the guardian of the Bastile column. Geromini was a character. He left. Corsica 60 years ago to serve in the grenadiers of the imperial guard. He fought in the campaigns of Algiers ticed a change for the better. The and of Rome, and also in 1870 with kidney secretions had been disordered | Bourbaki. He was made a prisoner and irregular, and contained a heavy and taken to Darmstadt and at the sediment, but in a week's time the fall of the empire became concierge

> M. Combanaire, the French explorer, recently was lost in the forests of Cambodia. He got separated from his party and wandered through the solltude for eight days without any other nourishment than the water he could get from the marshes in the jungle.

It's hard to understand why actors with such fabulous salaries always stop at such modest hotels.





Libby's Food Products are ready to serve when you get them, yet are cooked as carefully and as well as you could do it in your own kitchen. Ox Tongue, Dried Beef, Boned Chick-en, Deviled Ham, Veel Loaf—thase are but a few of the many kinds your dealer





60 Bus. Winter Wheat Per Acre



Physicians, Pharmacists, and Nurses endorse Cuticura Soap because of its delicate, medicinal, emollient, sanative, and antiseptic properties derived from Cuticura, the great Skin Cure, united with the purest of cleansing ingredients and most refreshing of flower odors. For preserving, purifying, and beautifying the skin, as well as for all the purposes of the toilet and bath, Cuticura Soapis priceless. Absolutely pure and may be used from the hour of birth.

If afficted with Thompson's Eye Water W. N. U., Sale Lake City, No. 32, 1904